



Sore knees and brain freeze

Group aims to run 29 miles while hitting up 21 7-Elevens for free Slurpees **PAGE 2**

It's ... time for you to go

Five signs that cashing in those vacation days is probably a good idea **PAGE 11**

YOU HAVE TO CRAWL BEFORE YOU HAWKE

MOVIE MADE OVER 12 YEARS TO CAPTURE THE DEVELOPMENT OF ITS YOUNG CO-STAR **PAGE 9**



Flood focus shifts to small communities



The swollen Assiniboine River covers farmland along Grand Valley Road west of Brandon, Man., as seen from the air on Sunday.

TIM SMITH/THE CANADIAN PRESS

'A very critical 72 hours'

As fears ease in Brandon, officials' attention turns to rural areas around Portage la Prairie

Flood fears eased in Manitoba's second-largest city Monday, as emergency officials turned their attention to smaller rural communities downstream.

The swollen Assiniboine River was dropping from its crest in Brandon as dikes and other protection measures held back the water.

The high water was headed east to areas around Portage la Prairie, where more than 500 soldiers had been sandbagging properties since Saturday.

"We're into a very critical 72 hours. We're mobilizing every resource we have available to deal with a huge surge of water that's coming," said Steve Ashton, the province's emergency measures minister.

Some 770 residents had been removed from their homes as of Monday, most as a precaution in case roads become impassable or there is a sudden breach of a dike.

The Assiniboine was expected to crest near Portage

la Prairie by Wednesday morning at a level very close to the combined capacity of the river and the Portage diversion — a channel that drains water from the river to Lake Manitoba.

Because the river and diversion channel will be pushed to their limits, crews were working to reinforce dikes on the shoreline.

A mandatory evacuation order was issued for 16 permanent homes and more than 100 seasonal cottages at Delta Beach on the south end of Lake Manitoba, where the Portage diversion empties into the lake.

If the water levels are higher than expected, the province has a last resort plan that would involve making a controlled break in the Assiniboine at the Hoop and Holler Bend southeast of Portage la Prairie.

Such a move would flood up to 150 properties in the rural area.

Despite the worry, there were signs of optimism Monday.

With soldiers and volunteers filling 100,000 sandbags a day, the province was expecting to have bags in place around all threatened homes by the time the river was to crest. **THE CANADIAN PRESS**



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Higher pay**New labour rules for private security guards**

Manitoba is bringing in new labour rules for private security guards that it says will improve public safety.

The changes include requiring employers to pay guards at least 25 cents over

the minimum wage starting this October — and \$2.25 by 2017 — to help reduce staff turnover. The government also wants security guard training manuals reviewed every five years to ensure standards are effective.

Labour Minister Erna Braun says being a security guard is a particularly risky profession.

Braun says workplace injury statistics show secur-

ity guards are six times more likely to need time off work, as a result of a violence in the workplace.

"Every day, security guards put themselves at risk to help protect public safety and property," Braun said in a release Monday.

Perry Clarke of the private security company Securitas Canada says he supports the new rules.

THE CANADIAN PRESS

Kidnapper**Kevin Maryk sentencing delayed**

A Winnipeg man who kidnapped his two kids and hid them in Mexico will have to wait a bit longer to find out his sentence.

Kevin Maryk pleaded guilty last month to kidnapping his children in 2008, keeping them in a heavily

guarded home in Mexico for four years.

A lengthy sentencing hearing was held last week and the judge was prepared to hand down a sentence. But that was delayed when the Crown requested hearing more witness testimony.

The case has been put over another week while the Crown and defence discuss potential witnesses.

THE CANADIAN PRESS

Do it for the glory ... do it for the 21 free Slurpees

Runner's high or sugar high? Group plans 29-mile run that will hit 21 7-Elevens along the way



SHANE GIBSON

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Brain freeze is not normally on the list of worries for marathon runners, but it's a very real concern for a group of long-distance runners hitting Winnipeg streets for the world's longest Slurpee run this week.

This Friday, Scott Burton and a group of friends will run 29 miles and hit 21 different Winnipeg 7-Eleven locations to take advantage of the convenience store's annual free Slurpee giveaway.

Cool running

"There is a certain technique to being able to run while drinking a Slurpee."

Slurpee-run organizer Scott Burton

"I've done a lot of running but this is probably the most fun I've ever had on a run," said Burton, who joined the run's founders David Fielder and Melissa Budd for their fourth annual trek last summer. "I really got on board and thought it was the greatest thing ever."

The run has grown since the first, which started quite by accident five years ago when Budd and Fielder went for a long run and realized it was free Slurpee day. As Slurpee lovers they decided to reroute their run on the fly to maximize their free Slurpee intake.

It's grown every year and last year they hit 13 locations.

This time around Burton has mapped out a record-setting route for the team — who are all experienced runners with 100-mile races under their belts — and hopes to grab a free ice-cold beverage at 21 stores in about eight hours.

"I'd never thought about having Slurpees during runs ... but sucking down that slush sure does cool you down and keeps you going," he laughed. "There is a certain technique to being able to run while drinking a Slurpee, though."



From left, David Fielder, Melissa Budd and Scott Burton take a break from their annual Slurpee run last year. This year the runners hope to hit 21 7-Elevens during their 29-mile run. CONTRIBUTED

We did it! Again!

Raise your pastel-coloured spoon straws, Manitoba, for we are the champions yet again.

- For the 15th straight year, Manitoba has been crowned the Slurpee-drinking capital of the world, consuming

more Slurpees per capita than anywhere else.

- To celebrate, there will be a free Slurpee giveaway (as usual) on July 11 (7-11, get it?) from 11 a.m. to 7 p.m. at all 7-Eleven outlets.

- The company is encouraging others who embark on epic Slurpee runs to submit photos of their treks to Slurpee Canada's Facebook page for the chance to win, you guessed it, Slurpees.

Historic train belongs in library: Wyatt



Coun. Russ Wyatt and a rendering of the plan. BERNICE PONTANILLA/METRO

An important piece of Transcona history should be housed within a new library, the area's ward councillor proposed on Friday.

Coun. Russ Wyatt told members of the protection and public works committee that the best place for Locomotive 2747 is the to-be-constructed Transcona Library.

"It's a piece of our history,

both not only of our history but as a country, and it was generously donated by the railway to the community," said Wyatt, adding that the relocation of the train would add about \$500,000 to the total cost of the library project.

"Unfortunately it is open to the elements; it is slowly deteriorating."

Locomotive 2747 was the

first built at the CN Transcona Shops and all of Western Canada, and one of 38 steam locomotives built at the shops between 1926 and 1938.

It is currently on display at the Rotary Heritage Park on Plessis Road but is decaying from the inside, said Wyatt.

The new \$5.3-million library is being built right across the street from the park where

the train stands, which Wyatt said is advantageous because it would be a small move for the large locomotive.

Wyatt said the local Rotary Club is spearheading a fundraising campaign to come up with the \$500,000.

The committee's members voted in favour of the report, which included a few amendments. BERNICE PONTANILLA/METRO



Jim August, CEO of The Forks, and consultant Angela Mathieson present their plan for Parcel 4 and the Rail Side lands to the downtown development committee on Monday. BERNICE PONTANILLA/METRO

Committee OKs Parcel 4, Rail Side land plans

'Mix of uses, mix of people.' Open houses for The Forks site to take place at end of July



BERNICE PONTANILLA
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Winnipeggers can expect to see big changes at The Forks in six or seven years, after the downtown development committee unanimously approved a preliminary plan for two surface parking lots on Monday.

The lots are the city-owned land known as Parcel 4, closest to William Stephenson Way, and Forks-owned Rail Side, between Mahatma Gandhi Way (York Avenue) and Forks Mar-

ket Road.

Jim August, CEO of The Forks North Portage, said they're delighted that the plan was approved unanimously, and believes it strikes a balance between the wishes for parks, parking, commercial and residential.

"I do think that a residential element at The Forks is important, it has been from day one," said August after the meeting.

The Rail Side and Parcel 4 Planning Initiative, which received financial support from municipal and provincial governments, is the culmination of a consultative process undertaken by The Forks Renewal Corporation that began in April of last year.

The initiative sees two parkades, containing about 700 stalls, built near the raised rail

The Forks CEO

"I do think that a residential element at The Forks is important, it has been from day one." Jim August

lines, followed by park space towards the east, and mixed-use residential and commercial to the north and south of the properties.

Concerns over declaring Parcel 4 surplus to the city's needs were raised, but August said this was necessary in order to push the project forward.

The Forks is scheduling open houses for the project for the end of July, while the plan now moves on to executive policy committee and city council for consideration.

'Hell's Alley' closer to \$800,000 reno

An Exchange District street dubbed "Hell's Alley" during the 1919 Winnipeg General Strike is a step closer to getting an \$800,000 makeover.

On Monday, a majority of the members of the downtown development committee voted in favour of the streetscaping, with Coun. Jeff Browaty in opposition.

The funds for the improvements to the area of Elgin Avenue and Bertha Street are being paid for with proceeds from the sale of Winnipeg Square Parkade in 2009.

"Lots of the infrastructure in that area is up to 100 years old, and as the renewal of the condo development and housing and those components move in, we needed a new overall strategy for the

Exchange District

"Lots of the infrastructure in that area is up to 100 years old ... we needed a new overall strategy for the area."

John Kiernan, the city's manager of urban design

area," said John Kiernan, the city's manager of urban design.

The \$800,000 improvement plan still requires the approval of the executive policy committee and city council.

Kiernan said it will tie in with the renewals of other local streets, such as James

Avenue, work being done by the private sector and Centre-Venture.

Browaty questioned why more of the parkade money is being spent when some cash was doled out previously.

Kiernan said the funds Browaty referred to was for another streetscaping project on James Avenue, while this one is specifically for Bertha at Elgin.

This street's Hell's Alley moniker came to being after the June 21, 1919, deaths of two strikers during a confrontation with North West Mounted Police.

That day became known as "Bloody Saturday," while news of the strike traveled around the world.

METRO

St. James-Assiniboia

Revamped library offers something for everyone

Readers in St. James have their library back.

After closing for six weeks for renovations to the building's main floor, the library at 1910 Portage Avenue opened Monday.

The renovations saw the reading area expanded with bestselling and recommended books, movies and music now welcoming customers at the entrance.

The work also includes an improved children's area and a dedicated space for teens.

METRO

Northwestern Ontario

Local man's body pulled from lake

The body of a swimmer missing in a northwestern Ontario lake over the weekend has been recovered.

Ontario Provincial Police have identified the man as Christopher Silman, 29, of Winnipeg.

Police say he was last seen swimming at a cottage near Bigelow Island on Lake of the Woods on Saturday.

Officers were called to the scene after the man was seen diving into the water but did not resurface.

Police divers recovered the body Sunday near the area where the man was last observed.

A post-mortem is scheduled. **THE CANADIAN PRESS**

Shooting

Wounded man cabbied to hospital

A man shot in the North End early Monday is recovering in hospital after ordering a taxi to take him for medical attention.

Police were called to the 700 block of Redwood Avenue around 3:50 a.m., where the 22-year-old man had been shot before leaving the scene in a cab.

The victim is now in stable condition.

Members of the Major Crimes Unit and the Forensic Identification Section continue to investigate.

Anyone with information should call investigators at 204-986-6219 or Winnipeg CrimeStoppers at 204-786-TIPS. **METRO**

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Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when going to the game. After the game, all regular and extra service buses will be lined up on Chancellor Matheson heading west towards Pembina. There will be no charge to passengers for these post-game routes, as fares will be covered by the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information. Don't forget, there are eight Park & Rides locations throughout the city, for non-stop service to and from Investors Group Field. This service is operated by First Student Canada. Visit bluebombers.com for more details.

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Paper released on world's largest flying bird

This undated image provided by the Bruce Museum in Greenwich, Conn., shows a reconstruction image of the world's largest-ever flying bird, Pelagornis sandersi. Its skeleton was discovered in 1983 in South Carolina, but its first formal description was released Monday by the Proceedings of the National Academy of Sciences. The gigantic bird had an estimated wingspan of around 21 feet, about the height of a giraffe. LIZ BRADFORD/BRUCE MUSEUM/THE ASSOCIATED PRESS

Fahmy family not reading into el-Sissi's words

Pardon or propaganda?

Egypt's president told media outlets the case had negative impact on country's reputation

Quoted

"The verdict issued against a number of journalists had very negative consequences ... I wished they were deported immediately after their arrest instead of being put on trial."

Egyptian President Abdel-Fattah el-Sissi on the recent prison sentences handed down to Canadian journalist Mohamed Fahmy and two of his Al-Jazeera English colleagues

The family of an Egyptian-Canadian journalist imprisoned in Cairo voiced cautious optimism Monday at an apparent expression of regret from Egypt's president over Mohamed Fahmy's case.

Fahmy was recently found guilty on terrorism-related charges along with two Al-Jazeera English colleagues in a trial denounced as a sham by a number of international observers.

The 40-year-old journalist was sentenced to seven years in prison along with Australian Peter Greste, while another co-worker, Egyptian Baher Mohamed, was sentenced to 10 years behind bars.

Egypt's president, Abdel-Fattah el-Sissi, had initially taken a tough stance on the controversial case, saying he would not interfere in court rulings or the judicial process.

But in a surprising new twist, el-Sissi told editors of certain Egyptian media outlets on Sunday that the heavy sentences in the case have had a "very negative" impact on his country's reputation.

Fahmy's family said they didn't want to read too much into el-Sissi's comments but admitted the president's words had sparked a glimmer of hope. THE CANADIAN PRESS

China holds ceremony to mark anniversary of war

President Xi Jinping criticized people who "beautify the history of aggression" as China on Monday marked the 77th anniversary of the start of a war with Japan amid rising tensions between Beijing and Tokyo.

This year's unusually high-profile commemoration of the

1937 Marco Polo Bridge Incident, including a nationally televised speech by Xi, comes amid an anti-Japanese propaganda campaign by Beijing.

The two governments are involved in a dispute over ownership of uninhabited islands in the East China Sea.

THE ASSOCIATED PRESS



China's president, Xi Jinping
CCTV VIA AP VIDEO/THE ASSOCIATED PRESS

Germany

Foreign drivers targeted with new car toll

Germany plans to introduce a car toll that seeks to make money from the millions of foreigners who drive through the country every year, the transport minister said Monday.

Germany has a truck toll but, unlike many European countries, no car toll. Minister Alexander Dobrindt said it wasn't fair that foreign drivers do not contribute to maintaining the roads and that "fairness gap" should be closed.

Dobrindt plans to introduce toll stickers in 2016 for all cars using any roads in Germany, not just highways. Foreign drivers will be able to get one-year, two-month or 10-day stickers online or at filling stations. The cheapest option, the 10-day sticker, will cost 10 euros (\$14.50 CAD).

Annual fees will vary according to cars' engine size and environmental credentials and average 88 euros (\$128 CAD), while a separate car tax will be reduced so German drivers won't pay more overall.

THE ASSOCIATED PRESS

Lake monster

Greek authorities confirm crocodile in Crete lake

Greece has its own lake monster — and it's no Nessie.

The Fire Brigade and authorities on the resort island of Crete say a six-foot crocodile was spotted last week in a man-made lake near the seaside town of Rethymno.

Crocodiles are not native to Greece.

Regional official Vangelis Mamangakis said Monday it was unclear how long it has been there. He told private Antenna TV that parts of the lake have been fenced off and efforts will be made Thursday to remove it. He said the crocodile was probably a pet that grew too big for its owner, who "thought it would be a good idea to dump it in the lake."

Residents are blaming the crocodile for missing lambs and ducks, and souvenir shops are now selling inflatable crocodiles.

THE ASSOCIATED PRESS

More than 60 escape Boko Haram's grip

Nigeria. Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no male individuals were abducted with them.

Boko Haram extremists have been waging an insurgency for five years in northern Nigeria, demanding the establishment of an Islamic state.

More than 2,000 people have died so far this year in the Islamic uprising, compared to an estimated 3,600 total deaths in the previous four years.

The group drew international condemnation for the April 15 abductions of more than 300 schoolgirls from a school in Chibok in the northern state of Borno. Some 219 of those girls are still missing.

The government and military failure to rescue them has attracted sharp criticism worldwide.

Boko Haram is demanding the release of detained fighters in exchange for the Chibok girls but Nigerian President Goodluck Jonathan reportedly has refused to consider a prisoner swap.

THE ASSOCIATED PRESS

Vietnam

Military chopper crash kills 16

A Vietnamese military helicopter on a parachute training mission crashed close to the Vietnamese capital on Monday, killing 16 people on board and critically injuring five others, officials and state-controlled media said.

The Russian-made MI-171 helicopter came down about 15 minutes after takeoff in a small village about 40 kilometres west of Hanoi.

Lt.-Gen. Vo Van Tuan, Vietnam military deputy chief of staff, was quoted as saying technical problems were suspected. He said the pilot steered the chopper away from a residential area, preventing other deaths. THE ASSOCIATED PRESS

Chemical weapons

Syria's stockpile needs double-checking: UN

The head of the international effort to rid Syria of its chemical weapons says the next step in the process is investigating possible discrepancies in Syria's declaration of its stockpile.

Sigrid Kaag briefed the UN Security Council Monday, just days after the last of hundreds of tons of Syrian chemical weapons were loaded onto a U.S. cargo ship for destruction.

Diplomats said Kaag told them that technical experts were talking to Syria about discrepancies between the weapons the country declared and what evidence on the ground has shown.

THE ASSOCIATED PRESS



In case of bulls running amok, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend. Scan the photo with your Metro News App to see more photos from the run. ANDRES KUDACKI/THE ASSOCIATED PRESS

Bill C-36. Hearings begin on prostitution law draft

In a rare summer sitting, the House of Commons justice committee is examining Bill C-36, the federal government's proposed new prostitution law. Here is a primer on the proposed law:

Why a new law? Last December, in a case known as Bedford, the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms. The court gave the government a year to bring in new legislation.

Choices: In some countries, such as New Zealand, prostitution is legal and regulated under labour and public health laws. The so-called Nordic model, followed in Norway, Sweden and Iceland, makes buying sex illegal, while selling it is not.

Old law: Selling sex was legal, but living in a bawdy

house or brothel was illegal, as was living off the profits of another's prostitution and soliciting sex in public.

New law: Selling sex remains legal, but buying it becomes a criminal offence. It will also be illegal for anyone to communicate for the purpose of prostitution and prohibits advertising the sexual services of others.

Pros: The government says the bill will protect vulnerable women and keep communities safe by allowing prostitutes to rent apartments, screen clients, hire a receptionist or security guard, and advertise their own services.

Cons: Sex workers say that because buying sex remains a criminal offence, the new law will drive prostitutes back into dark alleys and industrial zones, leaving them at risk.

THE CANADIAN PRESS

Israel. Suspects in deadly abduction confess: Official

Three Israeli suspects in the killing of a Palestinian teenager who was abducted and burned to death last week confessed to the crime on Monday and were re-enacting the incident for authorities, an official said, as the country's leaders raced to contain a public uproar over the slaying.

The authorities reported the confessions as violence continued on Israel's volatile front with the Gaza Strip. Palestinian militants bombarded Israel with some 40 rockets

and mortars, drawing Israeli airstrikes in retaliation, and at least eight Palestinian militants were killed.

The region has been on edge for weeks since three Israeli teenagers were kidnapped and killed in the West Bank. Last week, hours after the Israeli teens were buried, 16-year-old Mohammed Abu Khdeir was abducted from outside his home in east Jerusalem, and his charred remains were found shortly afterward in a Jerusalem forest. THE ASSOCIATED PRESS



Militants at a funeral of two Fatah militants killed by an Israeli airstrike in Bureij refugee camp, central Gaza Strip, Monday. KHALIL HAMRA/THE ASSOCIATED PRESS

Earthquake along Pacific coast rattles southern Mexico, Central America

6.9 magnitude. Officials have confirmed three earthquake-related deaths in Guatemala and Mexico

A magnitude-6.9 earthquake along the Pacific coast jolted a wide area of southern Mexico and Central America Monday, with at least three fatalities and damage to homes, hospitals and churches.

The U.S. Geological Survey said the quake hit at 6:23 a.m. on the Pacific coast, two kilometres north-northeast of Puerto Madero, near the Guatemala border. It initially calculated the magnitude at 7.1, but later lowered the figure to 6.9.

Guatemalan President Otto Pérez Molina said in a news conference that the only officially confirmed death in his

country so far was of a newborn hit by a piece of false ceiling in a San Marcos hospital.

Meanwhile in Mexico, civil protection officials raised the toll to two dead in the state of Chiapas, and said at least a dozen others were injured by falling tiles and debris.

Guatemala's national spokesman for local fire departments, Raul Hernandez, reported at least two other instances that had yet to be confirmed, of people dying in their homes from collapsed walls in the Guatemalan town of Pati, in the border province of San Marcos. A third person, a woman in Quetzaltenango, died from a heart attack, but it wasn't immediately clear if the heart attack was earthquake-related.

Pérez said the quake was felt in 12 of Guatemala's 22 states. There were reports of power outages and rock slides on some roadways in Guatemala.

Photos posted on social

Chiapas

- In the Mexican state of Chiapas, panicked people poured into the streets and the Red Cross said it was treating some frightened adults and children.

media sites and published by the Guatemalan newspaper Prensa Libre showed buildings with huge cracks across their facades in San Marcos, and one that apparently suffered a partial collapse.

"I thought the house was going to collapse," said Claudia Gonzales, 32, who ran to the street in the town of Comitán with her one-year-old daughter.

The quake was felt across a broad swath of southern Mexico and as far away as Mexico City, but officials had no immediate reports of damage.

THE ASSOCIATED PRESS



Houses collapse in Philly, families displaced

Two collapsed row houses are sectioned off for safety Monday in Philadelphia. Both homes were reported to be occupied when they collapsed in on each other, and while several families have been displaced, authorities said no one was injured. Several neighbouring homes were also damaged. An investigation into the cause of the collapse is underway. MATT ROURKE/THE ASSOCIATED PRESS

Honduras

Authorities make last-ditch effort to rescue miners

Authorities are making a last-ditch effort to rescue eight men trapped in a small gold mine in Honduras.

Geologist Anibal Godoy is heading the rescue and recovery operation at the San Juan Arriba mine in a municipality known as El Corpus. Eleven workers who were in the mine were able to flee immediately, and three others were rescued Friday.

THE ASSOCIATED PRESS

Pope Francis

Pontiff meets sex-abuse victims

Pope Francis begged forgiveness Monday in his first meeting with Catholics sexually abused by members of the clergy and went further than any of his predecessors by vowing to hold bishops accountable for their handling of pedophile priests.

The pope held a private mass with six victims, and spent the morning listening to their accounts.

THE ASSOCIATED PRESS

Azamat Tazhayakov. Trial starts for friend of suspect in Boston bombings

Boston Marathon bombing suspect Dzhokhar Tsarnaev sent a text to a friend 90 minutes after the deadly explosions and said, "Don't go thinking it's me," a federal prosecutor told jurors Monday during opening statements at the friend's obstruction trial.

Assistant U.S. Attorney Stephanie Siegmann also revealed that a month before the bombings, Tsarnaev told the friend, Azamat Tazhayakov, and another pal that "it was good to die" a martyr.

Tazhayakov has pleaded not guilty to obstruction of justice and conspiracy charges. He and his roommate, Dias Kadyrbayev, went to Tsarnaev's University of Massachusetts-Dartmouth dorm room several days after the bombing and removed a backpack, fireworks that had been emptied of their black powder and a laptop computer, prosecutors say.

Tazhayakov's defence lawyer, Nicholas Wooldridge, told jurors that his client isn't a terrorist and never intended to help Tsarnaev. Wooldridge told the jury that Tazhayakov "never even touched that bag" and never agreed to throw it away. He said Kadyrbayev took



This May 13 courtroom sketch depicts Azamat Tazhayakov.


JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

the backpack and threw it away.

Tsarnaev is accused of working with his now-dead brother to place two bombs near the finish line of the 2013 marathon, killing three people and injuring more than 260. His trial is scheduled for November.




Kadyrbayev faces his own trial in September. Investigators said Tazhayakov agreed with the plan to get rid of the backpack but that Kadyrbayev threw it away. A third college friend, Robel Phillippos, is accused of lying to authorities.

THE ASSOCIATED PRESS




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The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell.

However, so far, none of the



Industry Minister James Moore
THE CANADIAN PRESS

smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three. **THE CANADIAN PRESS**

Virgin Galactic. Tourists set to finally blast off into space for \$200,000 a pop?

Virgin Galactic appears to be getting closer to reaching its long-delayed goal of launching tourists into space.

The company said Monday it has selected Hotel Encanto de Las Cruces as the preferred hotel for its elite roster of passengers, who will pay \$200,000 US a person to make the flights from Spaceport America.

Virgin Galactic also announced a contract with World Class Gourmet of Las Cruces to provide catering for travellers during their training at Spaceport and said it is relocating more of its staff to New Mexico. It will be hiring locally in the next few months.

Rewriting history?

2010

Originally, Branson had said he hoped to launch the flights by the end of 2010. The company is now hoping to begin operations by the end of this year, although its public relations agency said in a statement that the schedule "will ultimately be dictated by safety and readiness — as has always been the case."

The company is the anchor tenant in the \$209-million futuristic Spaceport America that the state built as a place for Virgin Galactic founder Richard Branson to launch his flights. **THE ASSOCIATED PRESS**



Earlier this month Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. **TED S. WARREN/THE ASSOCIATED PRESS**

U.S. shops 'stoked' to start selling pot

Rolling in the green?

Washington state issues its first recreational marijuana shop licences to 24 stores

Washington state issued its first retail marijuana licences Monday with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview

Sparks excitement

"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."

Alison Holcomb, the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana

with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give

them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and

10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

The issuance of the retail licences marked a major step that's been 20 months in the making. Washington and Colorado stunned much of the world by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing the pot.

Sales began in Colorado on Jan. 1. **THE ASSOCIATED PRESS**

Tim Hortons

Can you top the Priestley doughnut?

One lucky Canadian will have the chance to add their dream doughnut to the Tim Hortons menu and walk away with \$10,000 as winner of the second annual Duelling Donuts contest, launched by the iconic bake shop today.

Home chefs have until Aug. 1 to whip up a uniquely delicious doughnut. Contestants will first have to create a virtual doughnut on the contest site and argue their case in a written submission.

Eight finalists will defend their culinary creation to a celebrity panel, including actor Jason Priestley, musician Jann Arden and pastry chef Anna Olson.

Tim Hortons launched the contest last year, attracting 63,000 submissions. The idea came from a Jason Priestley cameo on *How I Met Your Mother*, where Priestley created a doughnut named after himself. A Tim Hortons chef made the Priestley Doughnut a reality and public interest inspired the idea for a contest where participants could design their own doughnuts.

THE CANADIAN PRESS

Market Minute

DOLLAR
93.66¢
(-0.18¢)

TSX
15,172.93 (-42.03)

OIL
\$103.53 US (-\$0.53)

GOLD
\$1,317 US (-\$3.60)

Natural gas: \$4.23 US (-\$0.11)
Dow Jones: 17,024.21 (-44.05)



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HOME IS WHERE THE HARD IS

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record \$63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.



SHE SAYS
Jessica Napier
metronews.ca

mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't

Like the rest of Canadians under the influence of this so-called HGTV effect, I, too, am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of

Tough reno

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.

such a terribly long and expensive headache.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget anymore as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

HEAVY RAINS IN MUMBAI



A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

1. Live the high life. Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

2. Don't cook. The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

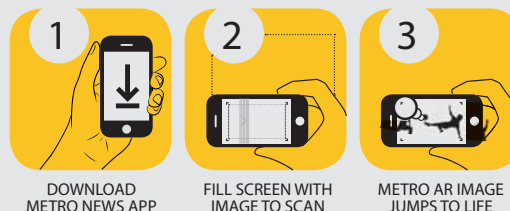
3. Stay home. If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

4. Put plastic on everything. Even the best-built slum homes can leak, so people tend to try to waterproof everything.

5. Keep the power off. To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. [BLOGS.WSJ.COM](http://blogs.wsj.com)

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 5 in News, page 9 in Scene and page 13 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



MetroTube

The leak that wasn't



ANDREW FIFIELD
andrew.fifield@metronews.ca

All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.

Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)



SCREENGRAB

DVD review



Bad Words

Director. Jason Bateman

Stars. Jason Bateman,
Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This stinging comedy about a hateful adult crashing a kids' spelling bee is the feature directing debut of actor Jason Bateman, who also stars. Bateman's Guy Trilby is the most sexist, racist, homophobic, profane and unscrupulous spelling bee participant you could possibly imagine. Trilby is also 40 years old, which makes him a serious anomaly amongst the grade school kids he's competing against. By exploiting a loophole, he's out to win the National Quilt Spelling Bee, much to the consternation of the administrator (Allison Janney) and an elder statesman (Philip Baker Hall). Almost unrelenting in its takedown both of an American institution and the country's obsession with victories big and small, Bad Words is more misanthropic fantasy than satiric fiction.

PETER HOWELL

Ethan Hawke reflects on percolating project

Boyhood. Actor spent a dozen years working with director Richard Linklater to create latest film



NED
EHRBAR

Metro World News in Hollywood

Ethan Hawke has been waiting a long, long time to talk about his new film, Boyhood. Directed by regular collaborator Richard Linklater, the film was made a month at a time over the course of 12 years to chronicle the development of a boy (Ellar Coltrane) from ages five to 18 and his parents (Hawke and Patricia Arquette).

When was it OK to start talking openly about this project?

You know, it's strange because the way the Internet has exploded through the course of making the movie, that became a kind of dialogue. Last year when Rick and I were doing the release of Before Midnight, people really started asking us a lot about it for the first time. And for a long time, even if it would be on IMDb or something, it didn't really make people's radar. It was hard for people to even understand what we were up to, and we certainly didn't want to talk too much about it before it was real. The truth is we really tried not to talk about it, but sometimes it was impossible. I would get too excited and I have a blabbermouth anyway.



Boyhood opens in select theatres this summer. CONTRIBUTED

Keeping a level of film-making consistency over 12 years seems rather daunting.

It's an overused word, but Rick really had a vision. Most movies are sprints and just require an immediate kind of discipline, but this movie required real patience. Rarely in film do you have that kind of gestation process. Rick was kind of born a fully developed filmmaker. I mean, Dazed and Confused was his second film and it's an incredibly well-made film. He hasn't changed much, so I don't think it was hard for him to maintain a continuity

of style and approach over 12 years. It's just who he is.

At this point, how much of your life has been spent being directed by Richard Linklater?

It's funny, you know, I've made eight films with Rick, so I've spent a large chunk of my life on film sets with him. And if you add up all the promotion and all the rehearsal, it starts to be a huge chunk of my life. And I just can't think of any better way to spend it. I don't know how to say these things so they don't come out the wrong way, but Linklater has

AUGMENTED REALITY

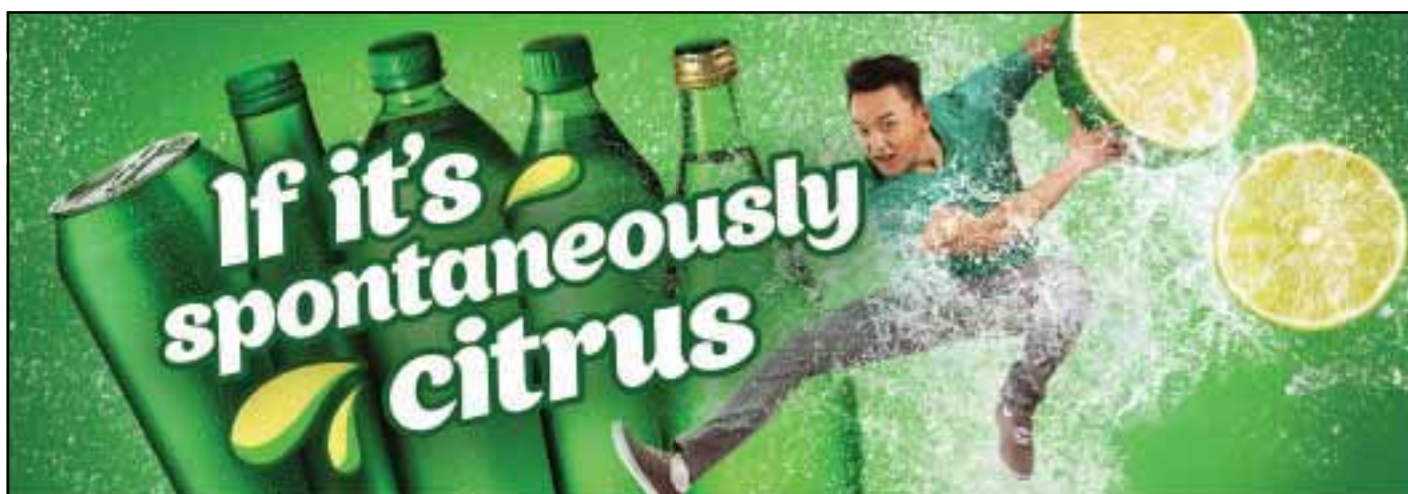
→ Scan this photo with your Metro News app to watch the trailer for Boyhood, and just try not being moved.



→ See the full instructions on Metro's Voices page.

a specific kind of ethos to his films that I'm really happy to be a part of.

2
SCENE



Enjoy it.
Recycle it.



Zac's new relationship is fast and furious

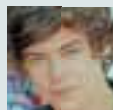
It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with ... Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars

were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

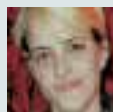
For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

Twitter



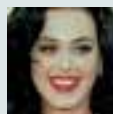
@Harry_Styles

Sooooo... The weather?



@samantharonson

At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.



@katyperry

Social media: a great place to start your psycho-analysis on someone!



Solange ALL PHOTOS GETTY IMAGES

Solange comes clean about Knowles family drama ... sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at

the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.

Miley mourns dog with tattoo

Since Miley Cyrus is still mourning the loss of one of her dogs, Floyd, she apparently decided to honour him in a very permanent way.

The Wrecking Ball singer posted photos on Instagram of herself and two friends sporting matching tattoos of a crudely drawn portrait of Floyd along with the words "with a little help from my fwends" on their torsos.

The tattoos appear to be real, unfortunately, and it looks like they were applied during a house party. She was even good enough to include a shot of her getting inked. And, as is her wont, she made sure to stick her tongue out in each of the nearly topless photos.



Miley Cyrus

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Joan Rivers can dish it, but she can't take it

LISA WEIDENFELD

Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.

Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

One might be tempted to point out that it was a bit on the nose to say that famous people should be able to handle a little criticism before getting offended by "negative" interview questions and walking out, but we wouldn't want to be accused of being the wrong journalist to comment on a comedian.



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One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

The vacation fairy is calling

Do you have flaky skin, a belly and difficulty concentrating? It's not all down to junk food. Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes or ears (or both) send information to the amygdala, the area responsible for emotional processing, which then sends a distress signal to the hypothalamus, the brain's command centre, which then communicates with the rest of the body via the nervous system. Blood is rerouted to the vital organs, and away from the brain.

"You're not really thinking in this moment — you're in reaction mode. It's not like you don't need to analyze a spreadsheet, you've just got to get the heck out," says stress coach Dr. Cynthia Ackrill. "But if you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to have access to your full mental capacity."

You have dry, yellow-y skin

"The moment your body senses danger, a process known as vasoconstriction — the narrowing of blood vessels — occurs: arteries and veins constrict in order to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher.

But you don't need nice skin in order to survive, right?

Precisely why it's the last area of your body that's going to get any blood: "The skin is not just a cover or shell, it's a living and breathing organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

You feel fat — and tired

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system is going to spiral out of control: "Cortisol is a very strong stress hormone. It has the power to make your system race, or slow down. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure is going to go right up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol is going to start to slow everything right back down. Because if it doesn't do this, you're not going to cope — you might not have the energy to survive."

You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co₂). This build up of Co₂ is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher.

The obvious solution? Exhale, says Ackrill.

"When you're stressed, your breath automatically shortens and speeds up, your heart rate increases, etc. But this reaction can be reversed. By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down. This then triggers the release of different chemicals, which are both renewing and reparative."

Your digestive system is super slow

"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says.

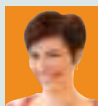
This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!

3 LIFE

Move over, tomatoes: Citrus is the new salsa kid on the savoury block

Health Solutions

There's more to potassium than bananas



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar.

Plus, citrus can swing both ways from

sweet to savoury.

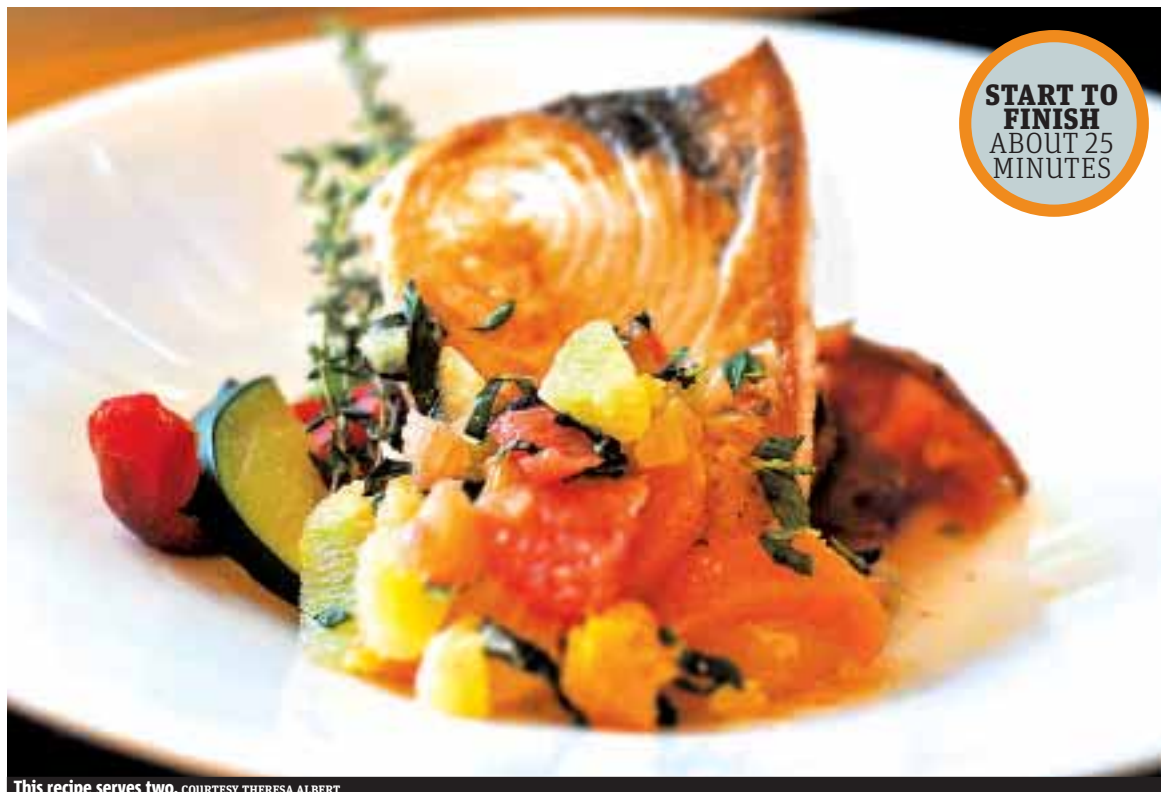
It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt = 362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH ABOUT 25 MINUTES

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

1. Toss together orange,

Ingredients

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to

meld the flavours.

2. Pre-heat a pan over medium heat for 2 minutes.

Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

3. Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip once. Serve with citrus salsa.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Smoked salmon adds a sophisticated touch

1. Heat the oven to 425 F.

2. In a medium bowl, toss the potatoes with 1 tablespoon of the olive oil. Season lightly

with salt and pepper. Transfer the potatoes to a baking sheet, then roast until tender and lightly browned, 15 to 20 minutes. Transfer the roasted

potatoes to a plate and refrigerate just until no longer hot, about 10 minutes.

3. While the potatoes cook and cool, use a mandoline or food processor to shave the fennel as thinly as possible. Do the same with the onion. Set aside.

4. In a large bowl, whisk together the vinegar, 2 tablespoons of the remaining olive oil, the mustard, sugar and a hefty pinch each of salt and

pepper. Add the shaved fennel and onion, then toss until well coated. Divide the mixture between 4 serving plates. Top with the cooled potatoes.

5. Divide the salmon into thin slices. In a medium bowl, drizzle the salmon with the remaining 1 tablespoon of olive and the lemon juice. Gently toss to coat, then season with pepper. Mound a quarter of the salmon over each salad, then sprinkle with fresh dill.

THE ASSOCIATED PRESS

Ingredients

- 12 oz new potatoes, quartered
- 4 tbsp olive oil, divided
- Salt and ground black pepper
- 1 large or 2 medium bulbs fennel, trimmed
- 1/2 small red onion
- 2 tbsp rice vinegar
- 2 tbsp whole-grain mustard
- 1/2 tsp sugar
- 8 oz cold-smoked salmon
- 1 tbsp lemon juice
- Chopped fresh dill



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Tennis

Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high, moving up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a big jump, surging from No. 94 to No. 33 in the men's doubles rankings.

Bouchard, from Westmount, Que., made the jump after advancing to Saturday's Wimbledon women's final, where she fell 6-3, 6-0 to Petra Kvitová. Bouchard is the first Canadian to reach a senior singles Grand Slam final.

On the men's side, Raonic, from Thornhill, Ont., jumped to No. 6 after reaching the first Grand Slam semifinal of his career, where he fell 6-4, 6-4, 6-4 to Roger Federer.

THE CANADIAN PRESS

CFL

Redblacks fined for late hit on Willy

The Canadian Football League fined Ottawa Redblacks defensive back Jerrell Gavins for a late and low hit last week on Winnipeg Blue Bombers quarterback Drew Willy.

The amount of the fine wasn't released but the league said it was for the maximum amount allowed.

"This type of play has absolutely no place in our game," CFL commissioner Mark Cohon said in a statement. "It was unnecessary, extremely dangerous and will not be tolerated."

THE CANADIAN PRESS

Murder charge

Judge allows Hernandez to transfer jails

Former New England Patriots player Aaron Hernandez can transfer to a jail closer to Boston for easier access to his lawyers while he awaits trial on a murder charge, a judge ruled Monday.

Hernandez is accused of killing Odin Lloyd in June 2013. He is also charged in Boston in the 2012 killings of two men. He has pleaded not guilty in both cases.

THE ASSOCIATED PRESS



Kittel makes it 2 out of 3 in English leg of Tour de France

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for additional photos from Stage 3 of the Tour de France.

DOUG PENSINGER/GETTY IMAGES

Jets' top draft pick calm, cool, collected

NHL. Ehlers doesn't feel any pressure as rookies participate in development camp

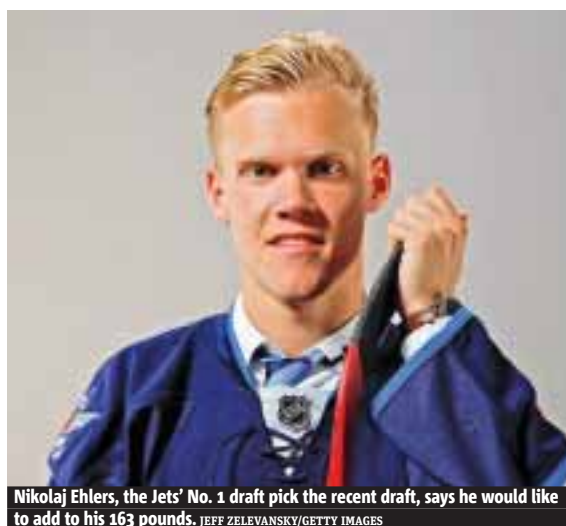
Hockey and high fashion aren't exactly kissing cousins so it's probably no surprise Nikolaj Ehlers isn't trying to lose weight to make the Winnipeg Jets.

"I want to put on some pounds, eat a lot," their No. 1 2014 draft pick said as the team's development camp opened Monday, with close to 40 of the team's young prospects in town for a week.

Fluent in English as well as a couple of other languages besides his native Danish, Ehlers is just 18 and may be a little small at five-foot-11 and 163 pounds, but he's coming off an impressive rookie year in North America.

The left-winger scored 49 goals and added 55 assists for the Halifax Mooseheads of the Quebec Major Junior Hockey League last season. His 104 points ranked him fourth in league scoring, and he was also part of Denmark's under-20 team.

A packed practice arena Monday gave him a good idea of what to expect if he makes the NHL, a marked change from Denmark where he says



Nikolaj Ehlers, the Jets' No. 1 draft pick the recent draft, says he would like to add to his 163 pounds. JEFF ZELEVANSKY/GETTY IMAGES

hockey has been in a funk — although he suggests it may be getting a little more attention lately.

"When I practise at home, there's nobody there," he said. "Coming out here and seeing all these people, it's pretty amazing."

Ehlers said he wasn't trying to do anything special to impress the team's coaches this week.

"I don't think that I have to impress anyone. I think I'm going to go out and play my game. That's what I did all year.

"That's why I'm here now." Jimmy Roy, the Jets coordinator of player development, couldn't agree more and says that's not what this week is about.

"It's about them off the ice, on the ice, meeting them as people, getting to understand them a little bit, them understanding us," he said.

Once they're evaluated, he says the Jets' staff will try to give some direction on what they need to do "to turn the boy strength into man strength and prepare them for the National Hockey League."

A thrilling experience

The Jets have half a dozen of their 2014 draft picks in camp, including California native Chase De Leo.

- "It was cool putting on all of the gear, I was pretty excited," said De Leo, who was selected by the Jets in the fourth round, 99th overall.
- He's another left-winger who isn't bringing a lot of size to the game but in his third season with the WHL's Portland Winterhawks, he scored 39 goals and added 42 assists.

Some players couldn't come because of U.S. college rules. Others are being given a pass because they've already had a hectic spring and summer, such as defenceman Josh Morrissey, who got called up from the WHL to help the St. John's IceCaps during their AHL Calder Cup run and is now getting ready for Canada's junior camp.

As for Roy's take on Ehlers, it's early but he likes what he sees.

"He's pretty quick, he's pretty smart," he said.

THE CANADIAN PRESS

4 SPORTS



Lionel Messi skips over a challenge. MARTIN MEISSNER/THE ASSOCIATED PRESS

Argentina vs. Netherlands

Messi, Robben to face off in showcase of footy footwork

The World Cup's best dribblers — Lionel Messi and Arjen Robben — face off when Argentina and Netherlands meet in the semifinals.

In Brazil, Robben has been quick, Messi has been quicksilver.

On Wednesday in Sao Paulo, either one could turn the semifinal with a dazzling turn of pace or a weaving run to propel his team to the final.

"We have to cut the supply line to Messi," Dutch defender Bruno Martins Indi told Dutch website Nu.nl.

The Barcelona star led Argentina through the group stage with four goals. He has also made 180 passes in his five matches so far.

The Dutch have shared the goal-scoring duties more evenly — Robben and Robin van Persie each have three, Memphis Depay has two of the team's total of 12 — but the Bayern Munich winger's scintillating sprints with the ball have often been the highlights of Oranje matches.

"We know that we will play against one of the best teams when it comes to

counterattacks because of the speed of their men up front," Argentina midfielder Javier Mascherano said. "So we have to take precautions to not give them the possibility to counterattack, to always be well positioned, to not lose balls unnecessarily in areas where there's a lot of risk."

After scoring 10 times in group play, the Netherlands has managed only two goals in its two knockout matches and the Dutch will be hoping captain Van Persie regains his touch in front of goal.

More than Messi

"He's a good player, but we look at the whole team, not one player."

Netherlands goalkeeper Jasper Cillessen

He looked off the pace and missed an easy chance near the end of regulation time in the quarter-final against Costa Rica.

The Netherlands will again be without their powerful midfield controller Nigel de Jong, who has a torn groin muscle. A possible replacement, Leroy Fer, is recovering from a hamstring injury and it is not clear if he will be fit for Wednesday's semifinal at the Itaquerao Stadium.

THE ASSOCIATED PRESS

Brazil needs new hero with Neymar on shelf



Brazil head coach Luiz Felipe Scolari gestures during a practice at the squad's training complex on Monday in Teresopolis, Brazil. BUDA MENDES/GETTY IMAGES



Germany head coach Joachim Loew looks on during a practice at Estadio Mineirao on Monday in Belo Horizonte, Brazil. MARTIN ROSE/GETTY IMAGES

World Cup semifinals.

Home team will have to attack from the back versus Germany without striking power

With Neymar out and Brazil's forwards ineffective throughout the World Cup, it will be up to the team's defenders and midfielders to keep Brazil in contention at the World Cup.

Brazil is having to turn the focus away from its once-mighty attack ahead of the semifinal against Germany on Tuesday, hoping the rest of the team will be able to come through and carry the hosts into the final.

Brazil scored 10 goals in its first five matches, with half of them coming from defenders and midfielders. Neymar scored four, with centre forward Fred finding the net only once. Defenders scored the team's other three goals.

Without any reliable options for the attack, coach Luiz Felipe Scolari is almost certain to replace striker Neymar with a midfielder.

Scolari recently even considered removing Fred from the lineup and adding a third central defender, going back to the 3-5-2 formation that he used when he led Brazil to its fifth world title in 2002.

"We are a team, and a team is not made up only of strikers," Scolari said. "We have a group. When this group wins, everybody wins, regardless of who scores the goals."

Chelsea midfielder Wilian is the most likely replacement for Neymar, but in the team's final practice on Monday, Scolari hinted that he may even use three defensive

Shorthanded

Brazil hasn't had a star striker since Ronaldo stopped playing after the 2006 World Cup. Luis Fabiano was the team's starter in the 2010 tournament in South Africa.

- In addition to missing Neymar, Scolari also won't be able to count on captain and central defender Thiago Silva because of a yellow-card suspension. Dante, who plays in Germany for Bayern Munich, is almost certain to replace him.
- Silva scored one of Brazil's goals in the 2-1 win over Colombia in the quarter-finals on Friday.

midfielders, with Luiz Gustavo returning to the team after a yellow-card suspension.

"We have good players for the sector where Neymar played," Scolari said. "We have options. I'm confident, I'm not worried."

In addition to the Barcelona star, the coach picked four other strikers for the World Cup: Fred, Bernard, Jo and Hulk.

Fred was supposed to supply the goals, but the Fluminense player struggled from the beginning and has been loudly criticized by fans and local media. His lone goal came in the 4-1 win over Cameroon in the team's final group-stage match.

"Fred has been playing for the team," Scolari said. "Fred is not the only one in charge of scoring. Everyone has that responsibility."

THE ASSOCIATED PRESS

Goldeyes. Haerther again named player of the week

For the second time in three weeks, Winnipeg Goldeyes first baseman Casey Haerther has been named the American Association's Pointstreak Player of the Week.

Haerther, 26, went 22-for-35 at the plate in eight games last week for an amazing .629 batting average. When four walks are factored in, he had a .667 on-base percentage. He also added power with five doubles, three home runs and 11 RBIs during

the week. Seven of his eight games were multi-hit outings.

On the season, Haerther leads the American Association with a .425 batting average, which is a 66-point lead for the batting title. Haerther also has the league lead in hits (77), total bases (115), doubles (20), extra-base hits (26) and slugging percentage (.635). He has six home runs and 31 RBI in 46 games this season.

SCOTT UNGER/FOR METRO

Junior union. Unifor targets hockey players

Canada's largest private sector union plans to hold an organizing meeting Wednesday in an attempt to begin the process of representing major junior hockey players from around the country.

Unifor was created a year ago through the merger of the Canadian Auto Workers and the Communications, Energy and Paperworkers unions.

Unifor president Jerry Dias said Monday that the unioniza-

tion of junior hockey is a long time coming.

"It's really slid under the radar screen because that's how people like it," said Dias. "The facts are the owners are doing quite well and this is a subject and this is a discussion that nobody wants to have."

The development comes more than a year after a failed attempt to unionize junior hockey players in Nova Scotia.

THE CANADIAN PRESS

Clippers sale. Doctor says Sterling has Alzheimer's

A neurologist has testified that Donald Sterling has Alzheimer's disease as a trial over the Los Angeles Clippers sale finally gets underway.

Dr. Meril Sue Platzer said Monday that she was hired by Sterling's wife, Shelly, to evaluate him.

The NBA has moved to oust Sterling as team owner because of racist remarks he made.

Shelly Sterling has made a \$2-billion deal to sell the Clip-

pers to former Microsoft CEO Steve Ballmer but Donald Sterling claims she didn't have authority to make a unilateral agreement.

Earlier in the day, a federal judge rejected a motion by Sterling's lawyers to move the case to federal court.

Sterling was the first person called to testify Monday but he wasn't in court and was ordered to show up Tuesday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

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Scan this image with your
Metro News app for today's
crossword and Sudoku answers.
It's OK. No one's watching.



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Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

♉ Taurus

April 21 - May 21

The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

♊ Gemini

May 22 - June 21

It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

♋ Cancer

June 22 - July 23

It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

♌ Leo

July 24 - Aug. 23

The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK — you don't have to.

♍ Virgo

Aug. 24 - Sept. 23

You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

♎ Libra

Sept. 24 - Oct. 23

You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

♏ Scorpio

Oct. 24 - Nov. 22

Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

♐ Sagittarius

Nov. 23 - Dec. 21

Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

♑ Capricorn

Dec. 22 - Jan. 20

You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

♒ Aquarius

Jan. 21 - Feb. 19

Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

♓ Pisces

Feb. 20 - March 20

You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Cross

1. 1995 Shania Twain album: 'The Woman'
5. Juice: French
8. Royal ___ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin ___ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout ends, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "___ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of ___ (War of 1812 finisher)
51. Disney deer
52. Grimace

53. Silk-spinner
54. '___' in Xylophone
55. "___ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = ___ Black Dress
61. Banff National Park: Valley of the

70. Ums...
71. Hip poetry event

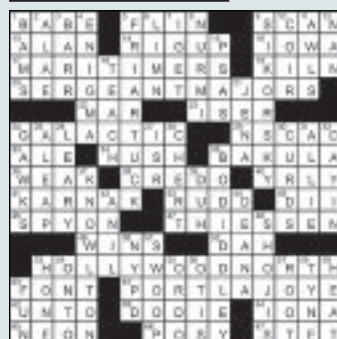
Down

1. "Eew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio

6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. ___ (Provincial representative)
9. Greek Myth: God of love
10. Butter portion

11. For some time
12. Shelly ___ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange ___ (Tea)
36. Good luck! = ___ chance!
38. Napoleonic Wars marshal
39. Linked
40. ___ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	6	9	7	3	1	5	4	8
1	5	4	6	9	8	7	2	3
8	3	7	5	4	2	6	9	1
4	2	3	1	5	7	8	6	9
7	8	1	4	6	9	2	3	5
6	9	5	8	2	3	4	1	7
5	1	2	9	7	4	3	8	6
9	4	6	3	8	5	1	7	2
3	7	8	2	1	6	9	5	4

		5					9	
7	3						5	6
		2	8			7	3	
6				8	3		2	
				1				
	8		9	4				5
	9	4			1	3		
3	2						8	9
	7					1		

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